MUSCLE TESTING SERIES BREAKDOWN SHEETS

Group X

Internal and External Rotators of Knee, Patient Supine, Knee Flexed, Dr. at Side of Table

1. 824 Biceps Femoris Shorthead	Knee flexion 70°, Abduct 10°, Full External Rotation of tibia, (Ankle dorsiflexion).	Flexion and externally rotates the knee.
2. 826 Biceps Femoris Longhead (Fibular Division)	Knee flexion 100°, Abduct 10°, Full External Rotation of tibia, (Ankle dorsiflexion).	Flexion and externally rotates the knee. It also extends the femur.
3. 828 Biceps Femoris Longhead (Tibial Division)	Knee flexion 100°, Full External Rotation of tibia, (Ankle neutral).	Flexion and externally rotates the knee. It also extends the femur.
4. 854 Semitendinosis	Knee flexion 80°, Full Internal Rotation of tibia, (Ankle dorsiflexion).	Flexion and internally rotates the knee.
5. 856 Semimembranosis (Tibial Division)	Knee flexion 100°, Full Internal Rotation of tibia, (Ankle dorsiflexion).	Extends the femur. Flexion and internally rotates the knee.
6. 858 Semimembranosis (Poplilteal Division)	Knee flexion 100°, Abduct 10°, Full Internal Rotation of tibia, (Ankle dorsiflexion).	Extends the femur. Flexion and internally rotates the knee.

Group XI

Muscle Affecting Femur, Patient Prone, Knee Flexed, Dr. at Side of Table

1. 846 Adductor Magnus (Transverse Division)	Knee flexion 90°, Knees together (5 adduct), pull lateral.	Externally rotates the femur.
2. 852 Gluteus Maximus (Coccygeal Division)	Knee flexion 90°, Adduct 10° (knee on opp. knee) brace w/dr knee, Lat. Pull.	Flexion and externally rotates the knee. It also extends the femur.
3. 848 Gluteus Maximus (Iliac Division)	Knee flexion 90°, Extend thigh 23°, Externallv rotate 40° (Straight down).	Extends, externally rotate and slightly abduct the femur.
4. 850 Gluteus Maximus (Sacral Division)	Knee flexion 90°, Extend thigh 23°, (Straight down).	Extends the femur.
5. 860 Piriformis	Knee flexion 90°, Abduct 25°. Lat Pull.	External rotator of the femur.
6. 862 Gemellus Inferior	Knee flexion 90°, Abduct 5°, Flex hip 15°. Push out (Lat. Pull).	External rotator of the femur.

Prepared exclusively for mitroisergiu@yahoo.com Transaction: 1440

7. 864 Gemellus Superior	Knee flexion 90°, Abduct 5°, Flex hip 35°. Push out.	Extends the femur. Flexion and internally rotates the knee.

Group XII

Muscle Affecting the Pelvic Floor, Patient Prone, Knee Flexed, Dr. at Side of Table

1. 740 Coccygeus (Sacral Division)	Knee flexion 90°, Abduct Femur 23°, Externally rotate 45°, Ankle midline (Lat Pull- Med.Knee) Coronal plane.	Draw the sacrum forward, and to support the pelvic floor.
2. 742 Coccygeus (Coccyx Division)	Knee flexion 90°, Extend 23°, Externally rotate 45°, Ankle midline (Lat Pull- Med.Knee).	Draw the coccyx forward, and to support the pelvic floor.
3. 746 Ileococcygeus	Knee flexion 90°, Extend 23°, (No rotation) (Lat Pull-Med.Knee).	Support the pelvic floor.
4. 744 Pubococcygeus	Knee flexion 90°, Extend 23°, internal rotation 30° (Lat Pull- Med.Knee).	Support the pelvic floor. Draws the anus forward and constricts it.

Indirect Muscle Tests - Requires there stability in order the support the pelvic floor or the adductors.

Copyright 2016 Christopher Beardall, DC, L.Ac.

Prepared exclusively for mitroisergiu@yahoo.com Transaction: 1440